



August 2004

Group Fitness Classes



* All Classes labeled in black are included in the membership package. Those in color are sold on a punch card basis. For descriptions of classes, see the Class Descriptions link off the main Wellness Center Website! *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30 am -12:15 pm Interval Training	3 11:00 am-11:45 am Straight to the Weights 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	4 No Lunch Hour Classes 5:20 pm-6:20 pm * Yoga	5 12:00 pm-12:45 am Basic Step 5:30 pm-5:45 pm Abs and Back	6 11:30 am -12:15 pm Cross Training 12:30 pm-1:00 pm Power Walking
9 12:00 pm-12:45 pm Interval Training	10 11:00 am-11:45 am Straight to the Weights 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	11 12:00 pm-12:45 pm Body Sculpting 5:20 pm-6:20 pm * Yoga	12 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	13 11:30 am -12:15 pm Cross Training 12:30 pm-1:00 pm Power Walking
16 11:30 am -12:15 pm Interval Training	17 11:00 am-11:45 am Straight to the Weights 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	18 11:00 am-1:00 pm Birthday Blitz Activities 5:20 pm-6:20 pm * Yoga	19 11:00 am-11:45 am Basic Step 5:30 pm-5:45 pm Abs and Back	20 11:30 am -12:15 pm Cross Training 12:30 pm-1:00 pm Power Walking
23 11:30 am -12:15 pm Interval Training	24 11:00 am-11:45 am Straight to the Weights 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	25 12:00 pm-12:45 pm Body Sculpting	26 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	27 11:30 am -12:15 pm Cross Training 12:30 pm-1:00 pm Power Walking
30 11:30 am -12:15 pm Interval Training	31 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	1 12:00 pm-12:45 pm Body Sculpting 5:20 pm-6:20 pm * Yoga	2 12:00 pm-12:45 pm Basic Step 5:30 pm-5:45 pm Abs and Back	3 11:30 am -12:15 pm Cross Training 12:30 pm-1:00 pm Power Walking